Becoming a Self-Regulated Learner

Implications for Distance Learning

Material in this presentation is from Dembo (2004). Motivation and Learning Strategies for College Success (2nd.ed.) Mahwah: NJ: Erlbaum

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What difficulties do learners face in distance learning?

- Frustration and anxiety
- Poor motivation
- Lack of effective learning strategies
- Insufficient time available for study
- Procrastination
- Lack of goals
- Failure to seek help
- Difficulty in monitoring progress
- Poor test preparation

Why are some individuals less successful learners?

- They hold faulty beliefs about their ability, learning and motivation
- They are unaware of their ineffective learning behavior
- They fail to sustain effective learning and motivational strategies
- They are not ready to change their learning and study behavior

What is academic self-regulation?

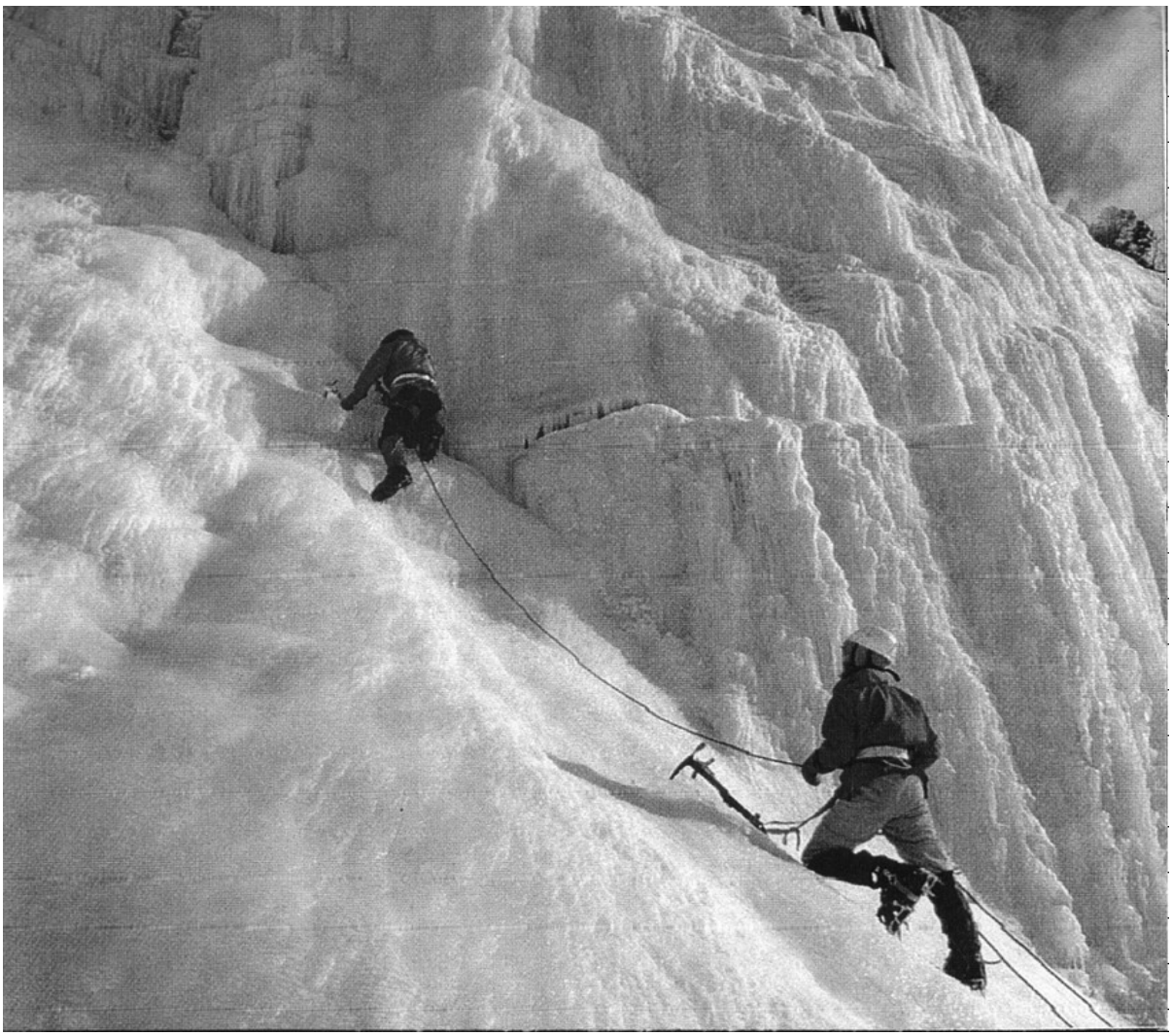
The ability of learners to control the factors or conditions affecting their learning

What are the major components that influence academic success?

- Motivation (Why?)
- Methods of learning (How?)
- Use of time (When?)
- Control of one's physical environment (Where?)
- Control of one's social environment (With whom?)
- Control of one's performance (What?)

Do you know where you are going?

Goal setting



Motivation

SMART goals

- Specific
- Measurable
- Action-oriented
- Realistic
- Timely

Motivation

SMART Goals

Poor: I want to do well in English.

Better: I want an A on my next essay in English

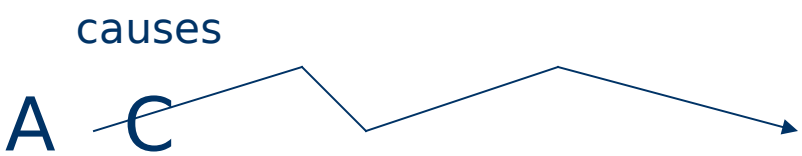
Poor: I want to study my mechanics textbook.

Better: I want to read Chapter 7 in my mechanics textbook this evening and answer the problems at the end of the chapter.

Motivation

- Managing emotions

Crook$_{ed}$ A---C Thinking



Activating Consequences:

Event Emotional

and

Behavioral

Motivation

- Managing Emotions

Straight A---B---C thinking

Actives/triggers Causes

A----------B----------C

Activating Beliefs and Consequences:

Event self-talk Emotional & Behavioral

Irrational Thinking Patterns

- Filtering
- Polarized thinking
- Overgeneralization
- Mind reading
- Catastrophizing
- Magnifying
- Personalization
- Shoulds

Identify Irrational Thinking Patterns

1. I don’t think I can do well in this class, everyone seems so smart.
2. I know that my friend is mad at me because I don’t want to go to the concert with him.
3. My uncle has ulcers. It must run in my family, and I know that I am going to get ulcers.

Motivation

- Managing Emotions

Negative Self-Talk

- The Worrier
- The Critic
- The Victim
- The Perfectionist

Disputing your irrational thoughts

Questions to ask:

- Where is holding this belief getting me? Is it helpful or self-defeating?
- Where is the evidence to support the existence of my irrational belief? Is it consistent with reality?
- Is my belief logical?
- Is it really awful (as bad as it could be)?
- Can I really not stand it?

(Ellis, 1998)

Methods of learning

- Types of strategies
  --rehearsal
  copying, taking verbatim notes, reciting words and definitions
  --elaboration
  summarization, annotation, elaborative interrogation
  --organizational
  visual representations

What Research Tells Us About Good Readers

- Determining importance
- Summarizing information
- Drawing inferences
- Generating Questions
- Monitoring comprehension

Using Headings to Generate Questions

Federation vs. Confederation

In a federation, the national government is fully sovereign; the states may not withdraw without the consent of the national authorities; and the people create both the national government and the state governments, delegate powers to both, and may restrict both through the written constitution. The national government may act directly on the people; it can tax and draft them. In contrast, in a confederation, the states are sovereign; they may join the nation or withdraw from it at will. They delegate specified powers to national institutions and reserve all others to themselves. The national "government" is a creature of the states and can deal only with the states, not directly with their citizens.

Confederation is an ancient form of government; it has bound people together throughout history, from the time of the alliances of the Israelite tribes to the Renaissance and the confederacies which flourished in what is today Germany, Italy...Federalism is more modern; it was developed first in the United States and later was adopted by one-third of the countries of the world, including the Soviet Union, Brazil, India, Nigeria Mexico...

Annotating Textbook

What is the difference between a Federation Versus Confederation?

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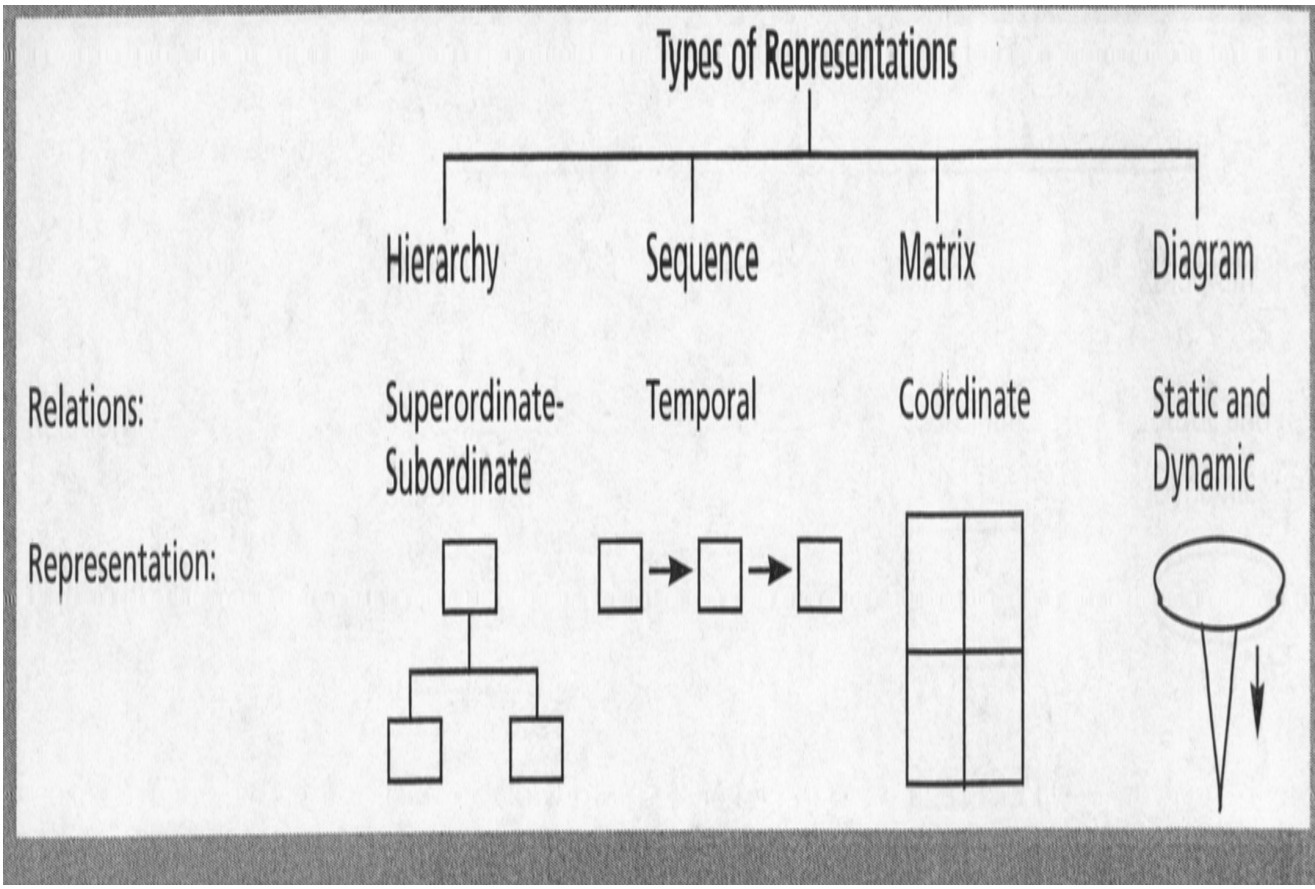
Methods of learning



Let’s try a visual representation of the following information

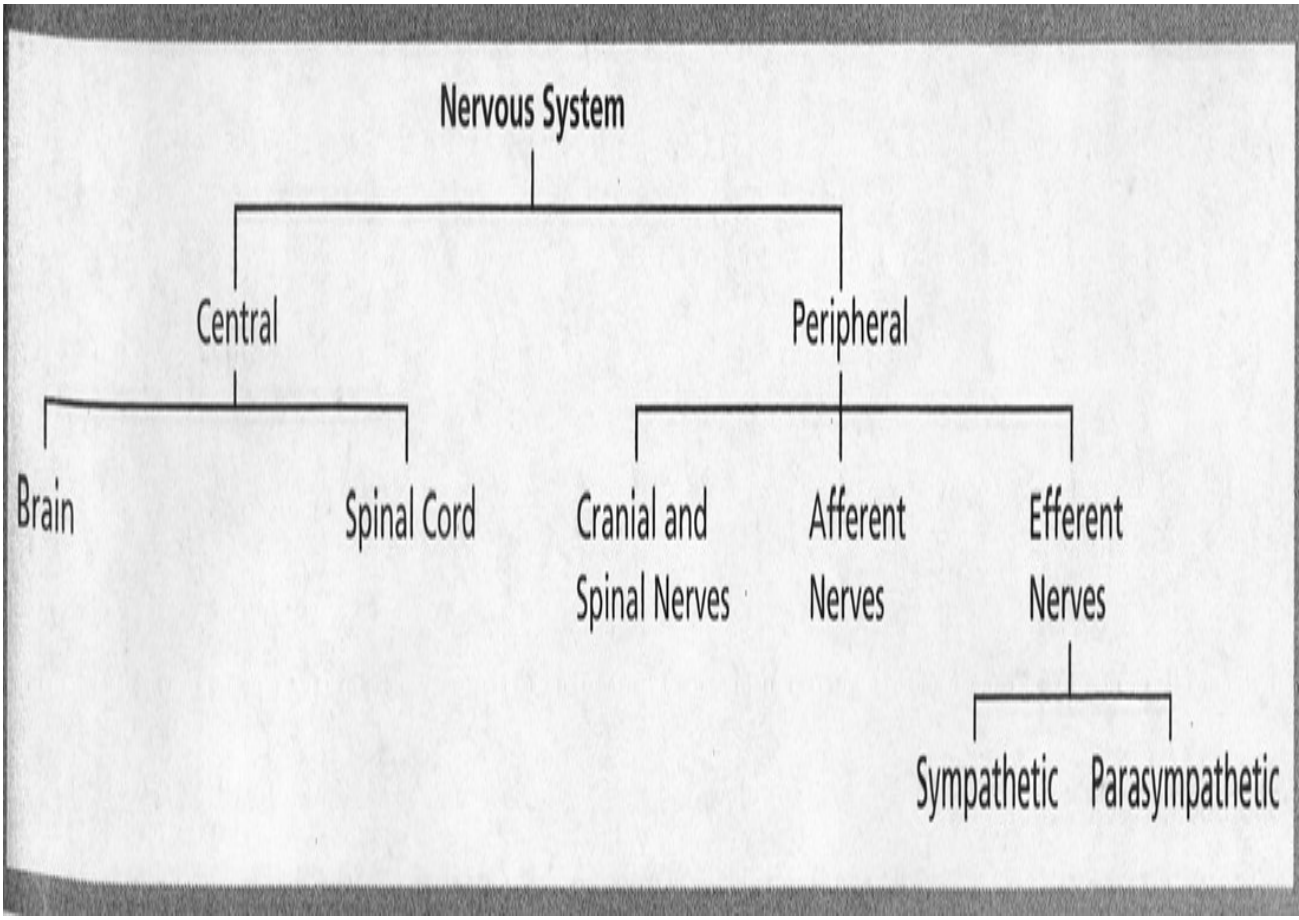
Nervous System

The nervous system has two major parts:

The central nervous system and the peripheral nervous system. The central nervous system includes the brain and the spinal cord.

The peripheral system, which carried information from and to the central nervous system, is comprised of the cranial and spinal nerves, afferent nerves, and efferent nerves. There are two kinds of efferent nerves. Sympathetic nerves mobilize the body’s resources and parasympathetic nerves help to conserve the body’s resources.

Hierarchy on nervous system



Time Management

- Procedures for Developing and Implementing a time management plan
- Establish time for planning
- Enter all fixed activities in weekly schedule.
- Review goals to determine what tasks need to be accomplished

Time Management (con't)

- Prioritize daily tasks by using the notation, A (tasks that must be done first), B (tasks to be completed after A tasks are completed, and C (less important tasks that should be completed after A and B tasks are done)
- Give a numerical value to each item on the list, e.g., A-1, A-2, B-1, B-2, B-3, etc.
- Complete your weekly schedule by transforming the items on your priority tasks sheet to weekly schedule.

Identify Your Favorite Procrastination Beliefs

1. It’s not due yet.
2. I work better under pressure.
3. I don’t feel like doing it now.
4. I don’t know where to begin.
5. I’m too tired.
6. I need to sleep on it.
7. Before I start, I think I’ll take a break.
8. My biorhythms are out of sync.
9. I need a good stiff drink first.
10. Someone else might do it, if I wait.
11. I don’t know where to begin.

Procrastination Elimination Strategies

- Time-telling
- Prompts/Reminder notes
- Reinforcement
- The bits and pieces approach
- The 5-minute plan

Dealing With Procrastination

- Challenge Irrational Beliefs

IB: It's to late to complete this task.

Self-talk challenge: "It's never too late! If I get started no, I can make good progress and get the task done."

IB: I'm very good at getting things done at the last minute, so I don't have to worry.

Self-talk challenge: "I fool myself in thinking that I do a good job when I wait until the last minute. The truth is I rush to find all the material I need, I don't have time to review a draft of the task and make necessary changes.

Management of Physical Environment

- Evaluating study environments
- Improve attention

  Consider: Where attention got misdirected and the type of distraction (internal or external)

  Manage internal and external distractions

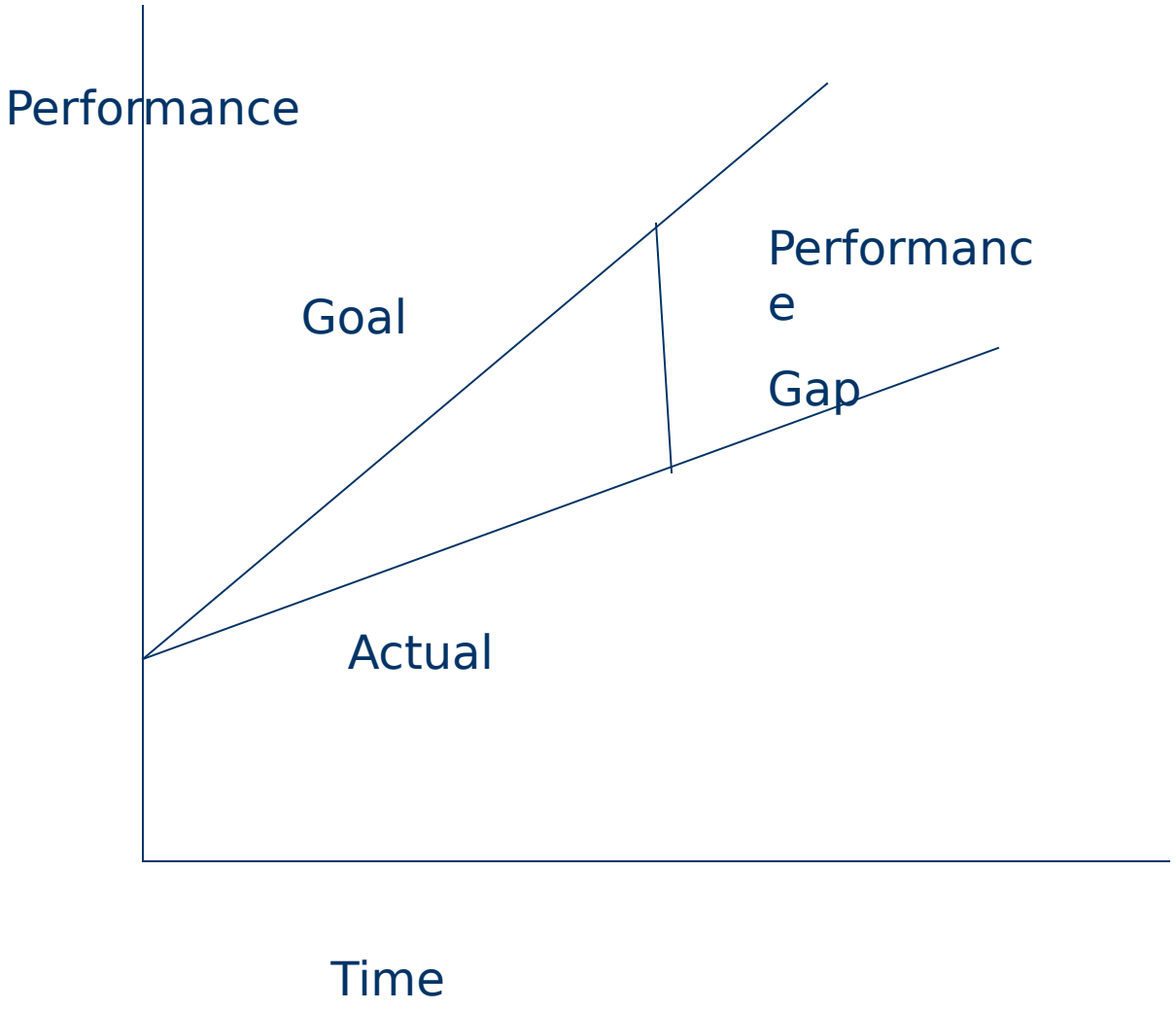
Management of Social Environment

Help seeking

Develop a sense of community

- Allow learners to maintain regular contact with each other
- Provide well designed instructional process
- Provide opportunities for accessing and sharing information
- Instruct students how to seek help

Evaluating performance



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